

Moran and Staff Participate in Walk Kansas Fitness Challenge

Teams to Collectively Walk the Distance across Kansas

SALINA - Congressman Jerry Moran this week announced he and his staff are participating in K-State Research and Extension's 2007 Walk Kansas Fitness Challenge. Walk Kansas is a state-wide fitness program where teams collectively walk the distance across Kansas - 423 miles.

"We talk a lot about health care costs in Washington, D.C., but we need to focus on preventative health care," Moran said. "Regular exercise is one of the best ways to stay healthy. Walk Kansas is a great way to start developing healthy habits and my staff and I are excited to be a part of this program."

The fitness challenge started on Sunday, March 11 and will last eight weeks. Moran and his Salina, Hutchinson, Hays and Washington, D.C., offices have combined to form three teams. In addition to walking, miles can be tracked through other physical exercise like running, swimming, bicycling or playing team sports.

Visit the Walk Kansas website at <http://www.walkkansas.org/> and select the Team Progress link and Saline County to track the progress of Moran's teams - Big First Fitness, Moran's Milers and Jerry's Joggers.

###